

Caafimaad ku jirida gudaha
guriga ee

WAKHTIGA FASAXA

Is TALLAAL

Tallaalka COVID-19 waa ammaan, waxtar-lehm iyo lacag
la'aan iyo loogu talinayo dadka da'da waaweyn iyo
caruurta jira da'da 6 bilood iyo ka weyn. Tallaalka wali
waa habka ugu wanaagsan ee aad naftaada uga ilaalin
karto inaad jirato. Sidoo kale wuxuu ilaalinyaa dadka aad
jeceshahay, gaar ahaan dadka da'da sii weyn iyo kuwa

laga yaabo inay horeyba u jiran yihiin.



HEI TALLAALKA XOOJINTA

Tallaalka xoojinta ee COVID-19 ayaa hadda heli kara qof
walba ee ah da'da 5 iyo ka weyn! Ka hel tallaalka ama
tallaalka xoojinta ee meel kuu dhaw barta

www.boston.gov/covid19-vaccine.

HA ILAABIN HARGABKA!

Qof walba oo ah da'da 6 bilood iyo wixii ka weyn waa inuu
helaa tallaalka hargabka ee sanadlahaa ah. Hargabku wali
waa walaac daran, gaar ahaan ku ah dadka waaweyn,
caruurta yaryar, dadka uurka leh, iyo dadka qaba xaalado
caafimaad. Iyo waa HAA, wuu kugu dhici karaa COVID-19 iyo
hargabka isku wakhti. War wanaagsan ayaa ah inaad qaadan
karto tallaalka hargabka iyo kan COVID-19 isla wakhti, oo
uu ka mid yahay tallaalka xoojinta.

Is BAAR

Samee baaritaanka COVID-19 ka hor iyo ka dib marka aad
ka qayb-qaadato isu imaansho ama safar, gaar ahaan haddii
laga yaabo inaad la kulantay ama aad la joogi doonto dadka
da'da waaweyn ama dadka kale ee halis sii badan u leh
COVID-19 daran. Ka hel macluumaadka ku saabsan baraha
baaritaanka iyo helida xirmada isku-baaritaanka guriga

www.boston.gov/covid19-testing



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Isu-Imaadada si Maskax-[EH]

Tixgeli Halista

Haddii adiga ama cid aad jeceshahay ay yihiin dad da' weyn ama layhiin xaalad caafimaad ee badinaysa halista aad ugu jirto COVID-19 oo daran, tixgeli inaad guriga joogto iyo aad ku raaxeysato maalmaha fasaxa virtually-ahaan, gaar ahaan haddaadan si buuxda u tallaalneed.



Kuhay Yaraan

Marka ay dadka isu imaanaya si dhawaansho leh sii bataan, waxaa sii kordha halis ugu jirida COVID-19.

Ku kordhi Hawo qaadashada

COVID-19 wuxuu si sahlan ugu faafaa meelaha gudaha ah sababtuna tahay jiritaanka wareeg hawo oo yar. Tani qaar ahaan waa run xilliga qaboobaha marka ay albaabyada iyo daaqadaha la xiro. Haddii aadan ku dabaaldegi karin goobaha banaanka ah, isku day inaad kordhiso wareega hawada adigoo furaya daaqadaha ama isticmaala nadiifiyeeyasha hawada.

Saxano Kuu Gaar Ah

Ha wadaagin saxanada, koobabka ama maacuunta wax lagu cuno. Isku day oo ka fogow cuntada la wadaago, sida boofeega ama cuntada la wadaago (potlucks). Cudarada sida durayga, hargabka, iyo xitaa COVID-19 waxay ku faafikaraan sidoo kale dusha meelaha.

RAAC TILMAAMAH ASSAASIGA AH

Xiro maaskaro



Daboolo afka iyo sanka adigoo xiranaya maaskaro marka aad ku jirto meelaha gudaha ah iyo aad isticmaasho tiish marka aad qufacayso ama aad hindhisayso. Tani waxay kaa ilaalin kartaa durayga, hargabka, iyo sidoo kale COVID-19-ka iyadoo xadidaysa faafida dhibcaha neefta soo raaca.

Dhaq Gacmaahaaga

Ku dhaq gacmaha saabuun iyo biyo socda oo nadiif ah ilaa iyo 20 ilbiriqsi inta badan, gaar ahaan ka dib marka aad isticmaasho musquusha ama inta aadan wax cunin ka hor. Tani waxay caawinaysaa ka hortaga faafida jeermiska keeni kara durayga, hargabka, iyo COVID-19.

